

***** NEW CLASS *****



CHAIR/GENTLE YOGA at the Wellesley Recreation Center

TUESDAYS 2:00 pm – 3:00 pm
April 22- June 10, 2008 (No Class on May 13)

Instructor: Leslie Worris, MPH, RYT
Cost is \$30 for a 7-week session.

Class Description: A can-do class for first-timers, seniors, those with injuries, or anyone living with special challenges, such as limited mobility, or recent surgery. For students who find it difficult to transition to and from the floor. We will explore a great variety of Yoga poses, both sitting and standing with a chair assist. Increase flexibility, strength, balance, mobility, circulation and decrease stress. Chair yoga encourages proper breathing and better posture. Meditation and relaxation technique included.

Try a FREE class of Chair Yoga on Tuesday, April 15th @ 2:00pm

Wellesley Recreation, Warren Building, 90 Washington St, Wellesley
To register, please call 781-235-2370
We accept cash, check or MC/VISA (walk-in, fax, mail, phone) By phone we
only accept MC/VISA
Space is limited